

Littledown Class Timetable Daytime

Tuesday 2 January - Thursday 29 March 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PLAY 6.30-7.00am Gym Team (G)	PULSE 6.30-7.00am Gym Team (G)	POWER 6.30-7.00am Gym Team (G)	PRIMAL 6.30-7.00am Gym Team (G)	PiYo 6.30-7.00am Nicki (MH)	INSANITY 8.00-8.50am Nicki (S1)	INSANITY 8.00-8.50am Nicki/Emma (S1)
BodyPump Express 6.45-7.30am Molly (S1)	BodyBalance Express NEW 6.45-7.30am Mel (S3)	INSANITY 6.30-7.00am Nicki (MH)	Iyengar Yoga 7.00-8.15am Liz (S3)	Lifting Techniques NEW 6.30-7.30am Gym Team (G)	Yoga Flow NEW 8.00-8.55am Sophie (S3)	Swim Fit 8.00-8.55am Andy (P)
INSANITY 7.00-7.30am Nicki (MH)	INSANITY 7.00-7.30am Nicki (MH)	Scaravelli Yoga 6.45-8.00am Amba (S3)	INSANITY 7.00-7.30am Nicki (MH)	INSANITY 7.05-7.35am Nicki (MH)	Spin 9.00-9.45am Rebecca W/Lou (SS)	Spin 9.00-9.30am Rebecca (SS)
Spin NEW 7.00-7.30am Steve (SS)	Aqua Circuits 7.45-8.25am Angie (SP)	PiYo 7.05-7.35am Nicki (MH)	Deep Water Aqua 7.30-8.25am Anissa (P)	Spin 7.30-8.00am Jo D (SS)	BodyCombat 9.00-9.55am Sophie (S1)	BodyPump 9.00-9.55am Marie (S1)
Hydro Active Level 2 7.45-8.25am Angie (SP)	Hydro Active Level 2 8.30-9.10am Angie (SP)	Spin 7.30-8.00am Claire (SS)	Hydro Active Level 2 8.30-9.10am Tina (SP)	Deep Water Aqua 8.00-8.55am Anissa (P)	PiYo 9.00-9.30am Nicki (S3)	Zumba 9.00-9.55am Lewina (S2)
Hydro Active Level 2 8.30-9.10am Angie (SP)	Hydro Active Level 2 9.15-9.55am Cathy (SP)	Aqua 7.45-8.25am Naomi B (SP)	Hydro Active Level 2 9.15-9.55am Tina (SP)	Vinyasa Yoga NEW 8.00-9.15am Gizella (S3)	Spin 9.50-10.20am Rebecca W/Lou (SS)	PiYo 9.00-9.55am Nicki/Emma (S3)
Hydro Active Level 2 9.15-9.55am Naomi (SP)	BodyPump 9.15-10.10am Jo L (S1)	Pilates NEW 8.15-9.10am Claire V (S3)	Ashtanga Yoga 9.15-10.30am Zoe L (S3)	Hydro Active Level 2 8.30-9.10am Cathy (SP)	ABC Core 10.30-11.00am Gym Team (G)	Great Run Local » 9.30-10.30am Meet @ Cricket Pav
BodyBalance 9.15-10.10am Laura J (S3)	Ashtanga Yoga 9.15-10.30am Zoe L (S3)	Hydro Active Level 2 8.30-9.10am Naomi B (SP)	Pilates 9.15-10.10am Cat (S4)	Hydro Active Level 2 9.15-9.55am Cathy (SP)	Spin 10.30-11.15am Elliot (SS)	Spin 9.35-10.20am Rebecca (SS)
Nice & Easy* 9.20-10.15am Kerry (S1)	Spin 9.30-10.00am Claire V (SS)	Spin 9.15-9.45am Tony (SS)	Nice & Easy Circuits # NEW 9.20-10.15am Kerry M (MH)	Athletic Conditioning 9.15-10.10am Adrian (S1)	BodyPump 11.05-12.00pm Tony (S1)	Circuits 10.00-10.55am Paula (S1)
Legs, Bums & Tums 9.25-10.15am Jo B (MH)	Running Group 9.30-10.30am Heather (MR)	Metafit 9.15-9.45am James (S1)	BodyAttack 9.25-10.20am Naomi (S1)	BodyBalance 9.20-10.15am Laura J (S3)	Metafit 11.30-12.00pm Elliot (S2)	BodyBalance 10.00-10.55am Marie (S3)
Spin 9.30-10.00am Will (SS)	Senior Pilates 9.45-10.40am Michelle C (S4)	Hydro Active Level 2 9.15-9.55am Angie (SP)	Spin 9.30-10.00am Gina (SS)	Spin 9.30-10.15am Laura Q (SS)	BodyPump 12.05-1.00pm Tony (S1)	Legs, Bums & Tums 11.00-11.55am Paula (S1)
Ashtanga Yoga 9.45-11.00am Araxy (S4)	ABC Core 10.00-10.30am Gym Team (G)	Zumba* 9.15-10.00am Gina (MH)	Running Group 9.30-10.30am Heather (MR)	ABC Core 10.00-10.30am Gym Team (G)		
ABC Core 10.00-10.30am Gym Team (G)	Hydro Active Level 1 10.00-10.40am Cathy (SP)	Power Pilates 9.25-9.55am Viv (S3)	ABC Core 10.00-10.30am Gym Team (G)	Body Conditioning 10.15-11.10am Claire C (S1)		Hatha Yoga 5.00-6.30pm Diana (S3)
Spin 10.05-10.35am Will (SS)	Spin 10.05-10.35am Claire V (SS)	Athletic Stretch 9.50-10.20am James (S1)	Hydro Active Level 1 10.00-10.40am Tina (SP)	Pilates 10.20-11.15am Viv (S3)		
BodyBalance 10.15-11.10am Laura J (S3)	BodyCombat 10.20-11.15am Jo L (S1)	Spin 9.50-10.20am Tony (SS)	Spin 10.05-10.35am Gina (SS)	Nice & Easy Spin 10.30-11.00am Laura Q (SS)		
Clubbercise 10.20-11.15am Jo B (S1)	Pilates 10.35-11.30am Viv (S3)	ABC Core 10.00-10.30am Gym Team (G)	Metafit NEW 10.30-11.00am Adrian (S1)	Deep Water Aqua 10.45-11.40am Clive (P)		
PLAY* NEW 10.30-11.00am Gym Team (G)	Stretch & Relax 10.45-11.40am Michelle (S4)	Aqua 10.00-10.45am Angie (SP)	Pilates 10.35-11.30am Cat (S3)	Well Fit* 11.20-12.15pm Michelle (S1)		
Pilates 11.20-12.15pm Kasper (S3)	Deep Water Aqua # 10.45-11.40am Anissa (P)	Pilates* 10.00-10.55am Yolanda (S3)	Aqua Natal # 10.45-11.40am Gina (SP)	Pilates 11.20-12.15pm Viv (S3)		
BodyPump 11.20-12.15pm Candi (S1)	BodyBalance 11.20-12.15pm Jo L (S1)	Spin 10.30-11.00am Laura S (SS)	Core Conditioning NEW 11.05-11.30am Adrian (S1)	Exercise Referral Circuits 11.30-12.25pm Ex Ref Team (G)		
Hydro Active Level 2 # 11.45-12.25pm Angie (SP)	Pilates 11.35-12.30pm Viv (S3)	BodyPump 10.30-11.25am Tony (S1)	Senior Pilates 11.35-12.30pm Michelle (S3)	Hydro Active Level 2 # 11.45-12.25pm Angie (SP)		
Pilates 12.20-1.15pm Kasper (S3)	Ashtanga Yoga 12.15-1.30pm Zoe L (S4)	Mum & Baby Yoga 10.30-11.25am Michelle G (S4)	Power Pilates 12.25-12.55pm Claire V (S1)	Stretch & Mobilise 12.25-1.20pm Naomi B (S3)		
Metafit 12.25-12.55pm Taylor (S1)	Hatha Yoga 12.35-1.50pm Ellie (S3)	Deep Water Aqua 10.45-11.40am Gina (P)	Senior Pilates 12.35-1.30pm Michelle (S3)	Spin 1.00-1.30pm Rebecca (SS)		
Health Circuits 12.45-1.30pm Gina (S2)	GRIT Strength 1.00-1.30pm Ruth (S1)	Aqua # 10.45-11.30am Angie (SP)	Health Circuits 12.45-1.40pm Irena (S2)	INSANITY 1.00-1.30pm Ellie (S1)		
PRIMAL 1.00-1.30pm Gym Team (G)	Health Circuits 1.00-1.55pm Irena (S2)	Pilates 11.00-11.55am Yolanda (S3)	GRIT Plyo 1.00-1.30pm Holly (S1)	PULSE 1.00-1.30pm Gym Team (G)		
Zumba 1.00-1.55pm Jodi (S1)	Spin 1.00-1.30pm Lisa (SS)	Nice & Easy Spin 11.05-11.35am Naomi (SS)		Hatha Yoga 1.35-2.50pm Ellie (S3)		

Class types

Calorie Burning

Muscle Toning & Endurance

All Over Body Workout

Re-Energise & Relax

Specialist

Water Workout

Introductory Low Impact

Primal - Power - Play - Pulse

Term Time Only

* Included in Wellness Morning

» Starts 17 September

Littledown Class Timetable continued

Tuesday 2 January - Thursday 29 March 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spin 1.00-1.30pm Will (SS)	Well Fit 2.00-2.55pm Michelle (S1)	Core Conditioning 11.30-11.55am Tony (S1)	Post Baby Tone 1.35-2.20pm Gina (S1)			
Vinyasa Yoga NEW 1.25-2.40pm Gizella (S3)		Well Fit* 12.00-12.55pm Irena (S1)	Health Circuits 1.45-2.40pm Irena (S2)			
		Pilates 12.30-1.25pm Claire V (S4)				
		GRIT Cardio 1.00-1.30pm Ruth (S1)				
		Spin 1.00-1.30pm Lucy (SS)				
		Hatha Yoga 1.00-1.55pm Irena (S3)	Spin 5.25-5.55pm Jo B (SS)	BodyPump 5.30-6.25pm Molly (S1)		
Legs, Bums & Tums 5.30-6.25pm Alison (S1)	Core Conditioning 5.30-5.55pm Cat (S2)	Chair Based Yoga 2.15-3.00pm Irena (S3)	Core Conditioning 5.30-5.55pm Adrian (S1)	Legs, Bums & Tums 5.30-6.25pm Sue B (S2)		
Power Pilates NEW 5.40-6.25pm Claire V (S3)	Step 5.30-6.25pm Alison (S1)	Spin 5.30-6.00pm Rebecca (SS)	Circuits 6.00-6.55pm Adrian (MH)	Spin 5.30-6.00pm Taylor (SS)		
Spin 5.45-6.30pm Taylor (SS)	Spin 5.30-6.00pm Elliot (SS)	Power Pilates 5.25-5.55pm Viv (S3)	Dance Aerobics 6.00-6.55pm Jason (S2)	BodyBalance NEW 5.30-6.25pm Laura J (S4)		
BodyPump 6.30-7.25pm Tony (S1)	Circuits 6.00-6.55pm Adrian (MH)	Body Conditioning 5.30-6.25pm Jodi (S1)	Body Conditioning 6.00-6.55pm Jo B (S1)	Spin 6.05-6.35pm Taylor (SS)		
BodyBalance 6.30-7.25pm Anita (S3)	BodyBalance 6.00-6.55pm Cat (S3)	Metafit 6.00-6.30pm Tony (MH)	Spin 6.15-7.00pm Lizzie (SS)	Ashtanga Yoga 6.00-7.15pm Araxy (S3)		
Spin 6.35-7.05pm Taylor (SS)	Legs, Bums & Tums 6.00-6.55pm Sarah (S2)	BodyBalance 6.00-6.55pm Laura (S3)	INSANITY 7.00-7.30pm Sue B (MH)	BodyPump 6.30-7.25pm Molly (S1)		
INSANITY 7.00-7.50pm Claire V (MH)	Spin 6.05-6.35pm Elliot (SS)	Spin 6.05-6.50pm Rebecca (SS)	BodyBalance 7.00-7.55pm Anita (S2)	Spin 6.40-7.10pm Taylor (SS)		
Spin 7.10-7.40pm Helen (SS)	BodyPump 6.30-7.25pm Kerry (S1)	BodyPump 6.30-7.25pm Sue (S1)	Fitness Yoga 7.00-7.55pm Sarah (S3)	Aqua 6.50-7.30pm Clive (SP)		
Aqua 7.15-8.00pm Clive (SP)	Back Care 6.30-7.25pm Irena (S4)	Circuits 6.35-7.30pm Tony (MH)	Ante Natal Yoga 7.00-7.55pm Michelle G (S4)	Clubbercise 7.30-8.25pm Jo B/Emma (S1)		
Ashtanga Yoga 7.30-8.25pm Victoria (S3)	Spin 6.40-7.25pm Sue B (SS)	Spin 7.00-7.45pm Leanne (SS)	Spin 7.05-7.35pm Lizzie (SS)			
BodyBalance 7.30-8.25pm Anita (S4)	BodyCombat 7.00-7.55pm Candi (MH)	Boxercise Circuits 7.05-8.00pm Rebecca (S3)	BodyCombat 7.35-8.30pm Neale (MH)			
BodyPump 7.30-8.25pm Marie (S1)	Zumba 7.00-7.55pm Cat (S2)	Ashtanga Mysore 7.05-8.20pm Araxy (S4)	Pilates 8.00-8.55pm Mel S (S3)			
Spin 7.45-8.30pm Tony (SS)	PiYo 7.05-8.00pm Adrian (S3)	Aqua 7.15-8.00pm Clive (SP)	Adult Ballet NEW 8.00-8.55pm Mel L (S2)			
Circuits 8.00-8.55pm Adrian (MH)	Metafit 7.30-8.00pm Sue B (S1)	Core Conditioning 7.30-7.55pm Tony (MH)				
Aqua 8.05-8.50pm Clive (SP)	Pilates 7.35-8.30pm Claire V (S4)	Legs, Bums & Tums 7.30-8.15pm Sue (S1)				
Ashtanga Yoga 8.35-9.30pm Victoria (S3)	Beginners Circuits 8.00-8.55pm Candi (MH)	Aqua 8.05-8.50pm Clive (SP)				
Pilates 8.35-9.30pm Mandy B (S1)	BodyAttack 8.05-9.00pm Sophie (S1)	Hatha Yoga 8.15-9.30pm Alice (S3)				
	Ashtanga Yoga 8.10-9.25pm Araxy (S3)	BodyBalance 8.20-9.15pm Sue A (S1)				

Class types

 Calorie Burning

 Muscle Toning & Endurance

 All Over Body Workout

 Re-Energise & Relax

 Specialist

 Water Workout

 Introductory Low Impact

 Primal - Power - Play - Pulse

 First Wednesday of the month